

PROJECT ALERT

NEWS FLASH

PROJECT ALERT CURRICULUM NOW ALIGNED WITH IDAHO STATE ACHIEVEMENT STANDARDS

An educational program of
BEST Foundation For A Drug-Free Tomorrow

PROJECTALERT

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Project ALERT is a nationally recognized substance use prevention curriculum for middle grades. Based on the social influence model, the program helps build resistance skills by focusing on the adolescent pressures that lead to the experimentation and regular use of tobacco, marijuana, alcohol, and inhalants. Project ALERT has been named an Exemplary Model Program by the US Department of Education and a Model Program by the US Department of Health & Human Services, Center for Substance Abuse Prevention. It has received these prestigious designations because it's been thoroughly evaluated and proven to produce positive, consistent and replicable results.

For some time now, Project ALERT has been aligned with the National Health Education Standards, which serve as the basis for health education in many school districts and private schools. Recently, the curriculum has been aligned with the Idaho State Achievement Standards to assist Idaho educators who are already implementing the program, or are in the process of selecting a drug prevention curriculum for their district.

The following chart clarifies the relationship between the Idaho State Achievement Standards and Project ALERT. Each activity in the curriculum was scrutinized to determine if it does one of the following:

1. provides instruction leading to the development of skills embodied in one or more of the performance indicators
2. allows the student to directly perform the skills spelled out in the corresponding performance indicator

To that end, the Idaho State Achievement Standards are listed with each Project ALERT activity that meets one or both of the criteria listed above.

In affiliation with

Conrad N. Hilton Foundation

RAND

U.S. Department of
Health & Human Services
Center for Substance
Abuse Prevention

***For more information about Project ALERT or the
alignment to the Idaho State Achievement Standards, please
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Project ALERT and Idaho Correlation

Idaho Administrative Code
State Board of Education
IDAPA 08.02.03

Rules Governing Thoroughness

822. Health Standards - Grade 6, Sections 823 through 827

823. Health Lifestyles

Standard 01 – The student will acquire the essential skills to lead a healthy life

Content Knowledge and Skills		Project ALERT Lesson/Activities	
		C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Identify the influence of exercise has in developing a healthy system	-	
b.	Identify prevention, causes, and treatment of diseases and disorders	C1, A 3,4,6 C2, A 1,2,3,4,7 C3, A 3,4,6 C8, A 6,9	C9, A 6 C10, A 1,2,3,4,6 B1, A 2,3,6,7
c.	Identify and be able to apply basic first aid and safety rules	C8, A 6,9	
d.	Describe emotions that effect personal health	C3, A 4 C5, A 3,6,7 C6, A 4,5,6 C7, A 3,5,6,7	B1, A 3,6,7 B2, A 3,5,6,8 B3, A 2,3,4,5,6
e.	Identify the choices and consequences related to the abuse of alcohol, tobacco and other drugs	C1, A 3,4,5,6 C2, A 2,3,4,6,7 C3, A 2,3,4,5,6,7 C4, A 2,3,4,5,6 C5, A 1,2,3,4,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7	C8, A 3,4,5,6,7,8,9 C9, A 2,3,4,5,6 C10, A 1,2,3,4,5 C11, A 2,3,4,5 B1, A 2,3,4,6,7 B2, A 2,3,4,5,6,7,8 B3, A 1,2,3,4,5,6
f.	Apply strategies for developing healthy eating habits	-	
g.	Identify the functions and characteristics of the major body systems	C8, A 5,7	
h.	Discuss and evaluate the importance of healthy relationships	C5, A 6,7 C7, A 5	B3, A 3
i.	Examine factors involved in selecting and using health information	C1, A 3,4,5 C2, A 2,3 C3, A 2,3,4,5 C4, A 3,5 C5, A 1 C6, A 3	C8, A 2,3,4,5,6,7,8,9 C9, A 5,6 C10, A 4,5 C11, A 4 B 3, A 3,4,6
j.	Describe environmental health issues and their relationship to a healthy lifestyle	C8, A 2,3,6	

824. Risk-Taking Behavior

Standard 01 – The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Content Knowledge and Skills		Project ALERT Lesson/Activities	
		C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Identify risk factors for illness and injuries	C1, A 3,4,6 C2, A 2,3,4,7 C3, A 3 C7, A 7 C8, A 5,7	C9, A 6 C10, A 2,4 C11, A 2 B 1, A 2,3,6,7
b.	Examine and evaluate how the actions of one person effect the behaviors of others	C1, A 2,3,4,5 C3, A 2 C4, A 2,3 C5, A 2,3,4,5,6,7 C6, A 2 C7, A 2,3,4,5,6 C8, A 8	C9, A 3,4 C10, A 3,4 C11, A 3 B 1, A 3,4,5 B2, A 2,3,4,5 B3, A 2,3,4,5
c.	Describe high-risk substance abuse situations and behaviors that pose a risk to one's self and others	C1, A 3,4,5 C2, A 2,3,6 C3, A 2,3,4,6 C4, A 2,3,4,5,6 C5, A 1,2,3,4,6 C6, A 3,4,5,6 C7, A 2,3,4,5,6 C8, A 4,5,6,7,8	C9, A 2,3,4 C10, A 2,3,4 C11, A 2,3 B1, A 2,3,4,6 B2, A 2,3,5,7 B3, A 2,5
d.	Describe the impact of risky behaviors on personal and family health	C1, A 3,4,5 C2, A 2,3,4,6 C3, A 3,4,6 C5, A 6 C7, A 5,6	C8, A 4,5,6,7 C10, A 2,3,4 C11, A 2,3 B1, A 2,3,6 B2, A 3,6

825. Communication Skills for Healthy Relationships

Standard 01 - The student will demonstrate the ability to use communication skills to enhance health

Content Knowledge and Skills		Project ALERT Lesson/Activities	
		C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Describe cause and effects of conflict in schools and families	-	
b.	Demonstrate refusal and decision-making skills that enhance personal relationships, including substance use and abuse	C5, A 3,4 C7, A 3,4 C9, A 3,4 B1, A 5 B2, A 4,7	
c.	Explain interpersonal communication skills that can be used to build interactions between family, friends, and community	C1, A 2,6 C5, A 7 C7, A 6 C8, A 8,9 C9, A 6	C11, A 5 B2, A 8 B3, A 3

826. Consumer Health

Standard 01 - the student will organize, analyze, and apply health information practices and services appropriate for individual needs

Content Knowledge and Skills		Project ALERT Lesson/Activities C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Evaluate the validity of health information, products, and services	-	
b.	Analyze how media influences information about tobacco, alcohol, and drugs	C1, A 3,4,6 C3, A 2 C4, A 2,4,5,6,7	C5, A 1 B1, A 4
c.	Determine health resources available in personal community and state	-	

827. Mental and Emotional Wellness

Standard 01 - The student will understand and demonstrate the key components to positive mental and emotional health

Content Knowledge and Skills		Project ALERT Lesson/Activities C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Analyze skills that positively express personal emotions and feelings	C3, A 4,5	C6, A 3,4,5,6
b.	Analyze the influence exercise has on relieving mental and emotional tension	C3, A 5	
c.	Identify skills necessary for stress management, decision-making, and managing conflicts	-	
d.	Explore aspects of emotional safety	C3, A 4	
e.	Explore factors that influence the use alcohol, tobacco, and drugs	C1, A 3,4,5,6 C2, A 2,3,4,5,6,7 C3, A 2,4,6 C4, A 2,4,5,7 C5, A 2,3,4,5,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7	C8, A 7 C9, A 2 C10, A 3,4 C11, A 2,3 B1, A 2,3,4,6,7 B2, A 2,3,5,7 B3, A 2,5

831. Health Standards - Middle Grades (Grades 7-8), Sections 832-836

832. Healthy Lifestyles
Standard 01 - The student acquire the essential skills to lead a healthy life

Content Knowledge and Skills		Project ALERT Lesson/Activities	
		C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Identify the components of physical fitness	-	
b.	Identify the prevention, causes, symptoms, treatment, and consequences of disease and disorders	C1, A 3,4,6 C2, A 1,2,3,4,7 C3, A 3,4,6 C8, A 6,9	C9, A 6 C10, A 1,2,3,4,6 B1, A 2,3,6,7
c.	Demonstrate knowledge of basic first aid and injury prevention	C8, A 6,8,9	
d.	Explain the relationship among mental/emotional, physical, and social health as a basis for wellness	C3, A 4 C5, A 3,6,7 C6, A 4,5,6 C7, A 3,5,6,7	B1, A 3,6,7 B2, A 3,5,6,8 B3, A 2,3,4,5,6
e.	Recognize the impact of substance abuse on personal health	C1, A 3,4,5,6 C2, A 2,3,4,6,7 C3, A 2,3,4,5,6,7 C4, A 2,3,4,5,6 C5, A 1,2,3,4,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7	C8, A 3,4,5,6,7,8,9 C9, A 2,3,4,5,6 C10, A 1,2,3,4,5 C11, A 2,3,4,5 B1, A 2,3,4,6,7 B2, A 2,3,4,5,6,7,8 B3, A 1,2,3,4,5,6
f.	Identify how food choices affect personal health	-	
g.	Label the major components of each body system and identify relationships to overall health	C8, A 5,7	
h.	Analyze the importance of healthy relationships	C5, A 6,7 C7, A 5	B3, A 3
i.	Examine environmental health and recognize how it relates to a healthy lifestyle	C8, A 2,3,6	

833. Risk-Taking Behavior

Standard 01 - The student demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Content Knowledge and Skills		Project ALERT Lesson/Activities	
		C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Identify risk factors that lead to STDs and pregnancy	-	
b.	Evaluate the impact of risky behavior on personal health	C1, A 3,4,5 C2, A 2,3,4,7 C3, A 3,4 C4, A 3,7 C5, A 2,3,4,5,6,7 C6, A 3,4,5 C7, A 2,3,4,5	C8, A 3,4,5,6,7,8 C9, A 2,3,4,5,6 C10, A 2,3,4,5 C11, A 2,3 B1, A 2,3,6,7 B2, A 2,3,4,5,7 B3, A 2,5,6
c.	Identify the short-term effects and long-term consequences of substance abuse	C1, A 3,4,5 C2, A 2,3,4,5,6,7 C3, A 2,3,4,6 C4, A 2,3,4,5,6 C5, A 2,3,4,6 C6, A 3,4,5,6 C7, A 2,3,4,5	C8, A 4,5,6,7,8 C9, A 2,3,4,6 C10, A 2,3,4 C11, A 2,3 B1, A 2,3,4,6 B2, A 2,3,5,7 B3, A 2,5

834. Communication Skills for Healthy Relationships

Standard 01 - The student will demonstrate the ability to use communication skills to enhance health

Content Knowledge and Skills		Project ALERT Lesson/Activities	
		C= Core Lesson B= Booster Lesson, A= Lesson Activity	
a.	Describe and explain the causes and effects of conflict in schools and families	-	
b.	Demonstrate communication skills that enhance personal relationships	C1, A 2,6 C5, A 7 C7, A 6 C8, A 8,9	C9, A 6 C11, A 5 B2, A 8 B3, A 3

835. Consumer Health

Standard 01 - The student organize, analyze, and apply health information practices and services appropriate for individual needs

Content Knowledge and Skills		Project ALERT Lesson/Activities
		C= Core Lesson B= Booster Lesson, A= Lesson Activity
a.	Analyze the validity of health information, products, and services	-
b.	Identify available resources that provide health care services and information	-

836. Mental and Emotional Wellness

Standard 01 - The student will understand and demonstrate the key components to positive mental and emotional health

Content Knowledge and Skills		Project ALERT Lesson/Activities
		C= Core Lesson B= Booster Lesson, A= Lesson Activity
a.	Identify mental and emotional disorders	C3, A 2,3,4,5 C8, A 7
b.	Recognize the personal aspects of mental and emotional health	C 3 A 4,5
c.	Identify stressors and techniques for stress management	-
d.	Demonstrate factors that influence the use of alcohol, tobacco, and drugs	C1, A 3,4,5,6 C2, A 2,3,4,5,6,7 C3, A 2,4,6 C4, A 2,4,5,7 C5, A 2,3,4,5,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7